

Veterans' Corner

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59 years

Virginia Employment Commission • Fairfax Workforce Service Center

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HAIL & FAREWELL

Often times as military veterans we work with many new people and make more friends than the average person. We also know that at some time, we will have to say goodbye and bid them farewell. Our veterans staff here at the Fairfax office are losing two members of veteran staff, Loretta Abernathy (LVER) and Ruben Rodriguez (LVER). We wish them continued success and the best of luck in their future endeavors.

Dealing with Stress

There are many different definitions and ideas about stress, but in practical terms, stress is a mismatch between the demands in our lives and the resources we have available to deal with those demands.

Positive stress can help a person to concentrate, focus, or perform, and can often help a person reach peak efficiency. Then when the challenge has been met, they take the time to relax and enjoy their achievements.

Stress becomes negative when you stay wound-up and do not or cannot relax after meeting a challenge. The good news is that stress does not have to be detrimental to your health.

To effectively manage existing stress, you must recognize its sources, signs and symptoms in yourself and others, particularly in your family. It is important to improve your coping and problem-solving abilities and avoid transmitting your stress to family and friends, especially your spouse.

To minimize future stress, approach problems as challenges and opportunities for growth. Start by identifying your primary goals and objectives, then break them down into manageable challenges. Take steps each week to overcome those mini-challenges.

SEPTEMBER WORKSHOPS

5 & 19	Resume Writing	9am-11am
14 & 21	Meet the Employer	11am-1pm
11 & 25	Networking	10am-12pm
7 & 22	Interviewing Skills & The Job Search	9am-11am

EMPLOYER VISITS

1	Job Corps	10:30am-1:00pm
20	Verizon	9am-4pm
22	Stratford Univ. (Admissions)	8:30am-10:30am

All workshops and employer events are free.

Call your vet rep or 703.803.0000 for more information on services.

Veterans' Affairs Data Security Breach in Reston, VA

As many as 38,000 veterans may be at risk of identity theft because a Veterans Affairs Department subcontractor lost a desktop computer containing their sensitive personal data. VA Secretary Jim Nicholson said that Unisys Corp., a subcontractor hired to assist in insurance collections for VA medical centers in Philadelphia and Pittsburgh, reported the missing computer last Thursday. The computer was being used in Unisys offices in Reston, VA. It is not yet known what happened to the computer, Nicholson said, adding that local and federal authorities are investigating.

The computer is believed to contain names, addresses, Social Security numbers, dates of birth, insurance carriers and claims data including medical information for veterans who received care at the hospitals in Philadelphia and Pittsburgh during the past four years.

According to initial estimates, the data covered about 5,000 patients treated at Philadelphia, 11,000 treated at Pittsburgh and 2,000 deceased patients. The VA is investigating whether the information also may have covered 20,000 who received care through the Pittsburgh medical center.

Unisys spokeswoman Lisa Meyer said company officials were investigating and declined to say whether a particular employee had been using the computer.

~To learn more about the VA identity theft, visit
www.military.com/identity~

Meet the Employer 11:00am To 1:00pm

September 14, 2006

Advantage Human Resourcing
Air Wisconsin
Babies R' Us
DAL Global Services
FedEx Ground
Kelly Services
Maximus
Public Safety Services
Safeway
SBA Disaster Agency
TSA
US Army
Verizon

September 21, 2006

Air Wisconsin
Babies R' Us
El Rancho Foods
Homewell Senior Care
SecTek

*Employers listed are subject to change based on availability

Call your Vet Rep or 703.803.0000 for updated information on employers

Veterans' Corner

Interview Success

The interview is designed for one purpose: to find the "best" person for the job. Getting an interview is only a start. You must know how to win at interviewing. Below are a few steps to interviewing success.

❖ **Prepare your 30-second commercial.**

Be prepared to talk about what experience you have and what type of job you are looking for in 30 seconds or less.

❖ **Be Prepared**

Know about the company you are interviewing with. Anticipate possible questions they may ask and practice your answers.

❖ **Be Punctual**

Try to arrive 15 minutes prior to your interview. Map out your route to the company before the day of your interview so you will know if you need to allow extra time for traffic.

❖ **Be Enthusiastic**

Always have a positive attitude when you walk into an interview. Sell yourself – the difference between bragging and self-confidence is enthusiasm.

❖ **Say Thank You**

After the interview, thank the interviewer for the opportunity and follow up with a brief thank you note.

❖ **Smile**

**For more information contact your local Veterans' Representative*



EMPLOYER SPOTLIGHT: Powers Group

This month we would like to introduce www.powersgrp.com as a new advocate for military personnel supporting our nation.

Ric McNally, Ph.D. Corporate Education Advisor conducts career assessments in educational needs assessments, customized training initiatives and DISC facilitation.

Powers Group is a team of former adult education enrollment professionals dedicated to helping adult students and military navigate their way to find the possible fit.

With Powers Group you or your company can improve productivity, retention and recruitment making sure that the investment you are making is a sound

Are you following up on your resume?

You've sent your resume to several companies and have yet to hear back. But just because they aren't calling doesn't mean they aren't interested. It's not uncommon for hiring managers to become so busy that they postpone notifying -- or even selecting -- candidates for as long as one or two months after posting an employment ad. Don't let this discourage you.

Instead, take action to see where you stand. In today's competitive market, following up after submitting a resume is not only warranted, it's recommended. An overwhelming 94 percent of executives polled by Robert Half International said candidates should contact hiring managers after submitting application materials. Why? Because it demonstrates initiative and sincere interest in a position and can help you stand out in a crowd of other highly skilled candidates.

To learn more about following up on your resume, visit www.careerbuilder.com

Hot Jobs

Evans Carpentry, LLC

Admin. Assistant	Will Train	VA6085870
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SBA

Human Resource Asst.	1 yr exp.	VA6083319
Human Resource Spec.	1 yr exp.	VA6083254

DAL Global

Ramp Agent	No exp.	VA6082779
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Verizon

Service Technician	No exp.	VA6081235
IT Specialist	5 yr exp.	VA6081484

DIGITEK

Warehouse Assistant	No exp.	VA6084586
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If you are interested in finding out more about these jobs listed, contact one of the Veterans' Representatives listed below or the Fairfax VEC office.

Fairfax Office Veterans' Representatives

James (Jim) Downey/DVOP

james.downey@vec.virginia.gov
703.803.0017

Khalilah Littles/DVOP

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*The Virginia Employment Commission is an equal opportunity employer/program.
AUXILIARY AIDS AND SERVICES ARE AVAILABLE UPON REQUEST TO INDIVIDUALS WITH DISABILITIES.
Telecommunications devices for the deaf, dial 804.371.8050*